

THE STRUGGLE

by Dylan Nix

Gather people with whom you have the strongest of ties or those with whom you have little or no ties. If you're feeling brave, mix the two.

Instruct everyone to turn to face each other.

Say the following aloud:

"The Struggle is different for each of us; the Struggle is the same for all of us. Through toil, trial, tribulation, we shrink and grow, lose and gain, forget and learn. Think for a moment on your Struggle."

Wait a moment in silence.

One by one, starting with you and rotating left, begin by saying, *"I thank the Struggle for..."* and finish briefly with something beneficial that a hard time brought forth.

One by one, starting with you and rotating left, continue by saying to the person on your right, *"Your Struggle is real, valid, and worthy of acknowledgment. I lend you what strength I have."*

Finish by saying the following aloud:

"We are our Struggles. We are not our Struggles. Go, now, and take on your Struggle with the new strength you have been given. May you find peace amidst the conflict, melody amidst the noise, pleasure amidst the pain. Be powerful, be safe, be well."

Thank everyone and disperse.

